



**CABINET FOR HEALTH AND FAMILY SERVICES
OFFICE OF THE SECRETARY**

Ernie Fletcher
Governor

Division of Communications
275 E. Main Street, 4C-A
Frankfort, KY 40621
(502) 564-6786
Fax: (502) 564-0274
www.chfs.ky.gov

Mark D. Birdwhistell
Secretary

Statewide News Release

Contact: Gwenda Bond or Beth Crace
(502) 564-6786

Remember Food Safety When Planning for the Holidays

FRANKFORT, KY. (May XX, 2006) – Picnics are a favorite means of celebration during Memorial Day weekend and throughout summer. The Department for Public Health wants to help you practice safe food handling techniques when eating outdoors and protect yourself, your family and friends from foodborne illness.

Follow these tips for packing a safe picnic basket:

- Plan ahead. Try to plan the right amount of food to take, so you will not have to worry about the storage or safety of leftovers. Place perishable food in a cooler with ice freezer packs. Replenish the ice as it melts.
- Pack safely. Keep cold foods cold. Place cold food in a cooler with ice or frozen gel packs. Don't put the cooler in the trunk; carry it inside an air-conditioned car. At the picnic, keep the cooler in the shade. Keep the lid closed and avoid repeated openings. Use a separate cooler for drinks so the one containing perishable food will not be constantly opened and closed.

In addition, remember these food safety tips:

- Keep hands and utensils clean when preparing food.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- Run firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.
- Food left out for more than two hours may not be safe. Do not eat anything that has been left out in the hot sun.
- When grilling, cook hamburgers and ribs to 155 degrees Fahrenheit or until the center is no longer pink and the juices run clear. Cook ground poultry to 165 degrees Fahrenheit and poultry parts to 180 degrees Fahrenheit. Reheat precooked meats until steaming hot.
- Do not partially grill extra hamburgers to use later. Once you begin cooking hamburgers by any method, cook until completely done to ensure any bacteria are destroyed.
- When taking foods off the grill, put them on a clean plate. Do not put the cooked items on the same plate that held the raw meat.
- Put leftover foods in the cooler promptly after grilling or serving. Discard any leftovers after one hour of being left outside. If there is still ice in the cooler when you arrive home, the leftovers are safe to eat.



The Department for Public Health wishes all Kentuckians a safe holiday. For more information about safe picnic planning, call Pam Hendren in the Food Safety Branch at (502) 564-7181 or your local Health Department's Environmental Health Specialist.